Goal of Athletics

When my child’s high school athletic career is over, what are the skills, lessons, and experiences I want them to walk away with?

Working with a team, time management, communication skills, self confidence, handle adversity, work ethic, school pride, responsibility, leadership, motivation, healthy lifestyle and more!
Big Picture: Student-Athlete Experience

- Lake Orion Athletics should be a positive growth experience which coincides with their high school education.
- We will challenge them to put forth their best efforts
- To be a successful student-athlete: our athletes will develop transferrable life skills.
- Gives so many students a transferrable template for success
Before we get started....did you know?

Benefits of playing high school sports (research says)

- Better Academic Performance: Higher Grades
- Life Skills: Leadership, confidence, communication skills, self respect, etc.
- Improved fitness and health habits
- Lifelong friendships
- Connection to the school and community
- Connects them to adult mentors
- Participation in Athletics makes a positive difference in college attendance, college graduation, and future employability and income level.
Lake Orion Athletics

B/G Cross Country, Football, B/G Soccer, B/G Tennis, B/G Water Polo, B/G Golf, Sideline Cheer, Competitive Cheer, Dance, B/G Swimming and Diving, B/G Basketball, B/G Bowling, Hockey, B/G Powerlifting, Wrestling, B/G Alpine Skiing, Baseball, B/G Lacrosse, Softball, B/G Track and Field, B/G Mountain Biking

Over 100 Teams (high school and middle school)
Over 1500 student athletes
Over 250 coaches
Contact Information

Athletic Director: Chris Bell
Athletic Assistant: Sharon Rosen
Phone: 248-693-5458
Email: Christopher.bell@lok12.org
       Sharon.rosen@lok12.org
Website: www.lakeorionschools.org
Department Tab: Athletics
Twitter: @lohsathletics
EDUCATING OUR STUDENTS FOR THE CHALLENGES OF TODAY AND TOMORROW
Athlete Registration

Final Forms
Parent and athlete must create an account
Athletics Page: Student-Athlete Registration

Why?
Emergency contact information
100 plus teams, over 1,500 student athletes
Tracks MHSAA, LO School Requirements
Efficiency, does the job of multiple programs

https://lakeorion-mi.finalforms.com
Final Forms Details

- **Physical Forms**
  Form is printable and hard copy turn into Athletic office.
  - **In order to tryout:** Physical must be turned in to athletic office and athlete must be registered on Final Forms.

- **Pay to Participate**
  - Final Forms, Pay Schools
  - Pay to Participate Contract
Athlete Requirements

Current Physical on File
- Dated on or after April 15, to be valid for the next school year

Must meet MHSAA Academic, Age, and Enrollment requirements: too many to name
- Academics: Full Course Load, Passed 6 of 8 classes from the previous semester (MHSAA Guidelines)

Pay to Participate (goes to LOCS general fund)
- $335 per athlete per year. $745 max family cap

Free/Reduced rates apply. Contact Athletic Office
In Season Athlete Requirements

- **Goal:**
  Be the best they can be: Field/Court, Classroom, Community, Home, Personal Lives – healthy life choices.

- **Academics:**
  Must maintain a 2.0 GPA while in season
  Weekly grade checks: if below a 2.0, ineligible the following week until the grades are above a 2.0.

- **Athletic Code:**
  LOHS Student Handbook pages 25-34
  Athletes expected to be Drug, Alcohol, Smoke/Vape free.
LOHS Athletic Trainers

Chelsea Hanning: 248-941-1936
- Beaumont Employee, Beaumont Contracted
- Serve All Athletes
- Will contact you if injuries occur
  - Doctors Note

Concussion Testing/Protocol
- Concussion Protocol
- MHSAA Support-Insurance for Concussion Injuries
  - mhsaa.com

Health & Safety
Website/Schedule/Team Information

www.lakeorionschools.org

Athletics

- Select Team
  - Schedule for each level
  - Set Alerts to follow schedule changes
Game/Ticket Information

- $5 Admission for School Age to Adult
- MHSAA Tournaments $6
- 65 or older: Free Admission to LO events
- Econo Pass: May purchase at events:
  - Punch Card: Pay for 8, get 10 (2 free)
- Student Athletic Pass
  - $50 payable at student registration
LO Athletics Live Streamed

NFHS Network
- www.nfhsnetwork.com
  - Search for Lake Orion High School
  - Monthly Fee
  - Events Covered: Football, Lacrosse, Soccer, Volleyball, Wrestling, Basketball, Competitive Cheer
College Athletics

- Athletic Ability, Physical Attributes, Academic Standing
- Recruiting: Family and Head Varsity Coach
  Athletic Office: Good resource
  Christy Bell: LO Counselor Contact for NCAA and NAIA
- Register for the NCAA Eligibility Center (end of sophomore year)
- Consequences of negative social media
- Academic Scholarships!!!!
AD Expectations for Coaches

- Provide a positive growth experience for all players
- Place for all, Coach them all
- Put forth a championship effort to maximize student talents so that teams may be successful
- Be Demanding and Have High Expectations
- Abide by MHSAA Rules and LOCS Expectations and conditions of employment
Role of Parents

- Might be toughest role we have:
  - Help enforce healthy habits: sleep, nutrition
  - Help enforce positive personal habits: social media, positive treatment of others. The Team, The Team, The Team
  - Stay positive: not everyday will be sunshine and ice cream
- This is your child’s experience in which we are a part, not your experience. If you want your child to get the most out of their experience, let them own it.
- Our job as parents is to support them.
- Post Game: not the time for the parent review
- Positive Representative of Lake Orion
  - You're a part of our dragon family as well.
  - Officials, opponents, etc.
10 TIPS FOR SPORT PARENTS

#1 Focus on the process not the result

#2 Avoid pressuring a child about winning or losing

#3 Help your child to separate sport failure from personal failure

#4 Give your child freedom to problem solve and make their own decisions

#5 Encourage, encourage, encourage

#6 Allow your child to play for himself or herself

#7 Encourage your child to take responsibility for their decisions

#8 Watch what you say to your child

#9 Respect and do not interfere with the coach

#10 Do not constantly instruct during training and games
Life of an Athlete

- Student Athlete Perception
  - Best of times
  - Worst of times
- “Be thankful for challenging times. Only then do you get to see what you are made of.”
  
  Dr. Lawrence Selaty – POW, Teacher, School Administrator, College Professor
- Most growth happens during challenging times
  
  Playing time, role, etc.
Communication Progression

Common Sense Approach

- Major Issues – Athletic Department (student safety concerns)
- Athlete Role Issues:
  - Coach – Athlete
  - Coach – Parent
  - Coach – parent – Athletic Director
- Playing Time is not a parent issue to be discussed. Coaches play the best players in the roles they see fit.
- 24-hour rule: Parents should wait 24 hours after a contest before asking to speak to a coach about a complaint. If it is about playing time, see bullet above.
Four Reasons Why Kids Should Play Multiple Sports

1. It’s what top athletes do
   88%
   Division I NCAA athletes played multiple sports as kids

2. Fewer serious injuries
   46%*
   Studies find that high specialization at a young age carries an increased risk of:
   - Stress and anxiety
   - Social isolation
   - Burnout, and ultimately leaving the sport earlier

3. Fewer regrets
   43%
   NCAA players wish they’d spent more time in other sports growing up

4. Less burnout
   24%*
   High school athletes reporting injury that cost them playing time

*Lake Orion Community Schools
Lake Orion Dragons Athletics

Athletes/Teams

- Let’s be the best we can be.
- Know there will be great victories, disappointing losses, great times and tough times. That is what makes it great, nothing is guaranteed.
- Let’s have fun, play hard, and play the right way.
- Let’s be role models, demonstrate sportsmanship and represent ourselves, our families, our teams and Lake Orion with class always!
- I as your AD am also one of your biggest fans and I hope for great success for all our teams and athletes! Go Dragons!
EDUCATING OUR STUDENTS FOR THE CHALLENGES OF TODAY AND TOMORROW
Go Dragons!

- Best of luck to all for a great spring sports season.
- We are here to support our teams and our student athletes.
- Please contact us if we can be of assistance.

Go Green! Go White!